Class Descriptions

Cardio and Strength

**Buttz & Gutz** – A class specific for strengthening and toning all muscles of your lower body and core. *(All levels)*

**Cardio Hip Hop** – Designed for anyone looking to raise their heart rate with the dynamic switches between slow and fast movements. No dance experience needed! *(All levels)*

**Cardio Kick** – Kick, punch, kick, and sweat your way through this a kickboxing inspired workout. *(All levels)*

**Dance Party** – An aerobic workout that incorporates many forms of dance. You will reach a variety of intensities based on the different songs. No dance experience needed! *(All levels)*

**H.I.I.T** – *(High Intensity Interval Training)* A high-intensity workout that focuses on full-body strength conditioning paired with cardio bursts. *(Intermediate/Advanced)*

**Jump Start** – A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. *(Low impact)*

**ST R O N G** – A high intensity class that combines body weight training, muscle conditioning, cardio, and plyometric exercises synced to original music that has been specifically designed to match every exercise. *(Intermediate/Advanced)*

Mind and Body

**Barre** – A hybrid of ballet-inspired moves with different elements of ballet, yoga, and strength training. *(All levels)*

**Gentle Yoga** – A slower paced yoga class. Designed with less intense positions and more meditation focused. *(All levels)*

**Intermediate Yoga** – Designed to take your practice to the next level for participants who have previously practiced yoga and are looking to build more strength and mind/body connection. Prior yoga experience is highly recommended and encouraged. *(Intermediate/Advanced)*

**Mixed Levels Yoga** – This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you being your yoga journey. *(All levels)*

**Pilates** – With an emphasis on core strength, you will tone your body and improve your overall well-being. *(All levels)*

**Rise & Shine Yoga** – Simple yoga positions with focus on breathing exercises, deep relaxation to increase flexibility, and increased well-being. *(All levels)*

**Stretch & Destress** – Join us for a relaxing 30 minutes of gentle, athletic stretching followed by 15 minutes of mindful meditation. *(All levels)*

Cycling

**Cycle 45** – 45 minute indoor cycling class that challenges your endurance and enhances your cardio fitness. *(All levels)*

**Cycle Circuits** – With this class you will switch between the bike and strength training. *(All levels)*

**Cycle Fusion** – An intense combination of indoor cycling and strength training. *(All levels)*

**Cycle & Core** – This high intensity class will push your cardio endurance as well as challenging your abs. *(All levels)*